

Irish Point

AMERICAN FASHIONS.

When a certain snap tinges the breezes that blow across fields of golden-rod and asters women turn to thoughts of clothes for college, because the college wardrobe requires thought up to Christmas, when a full comes that enables mother to plan her opera gowns.

This pattern is eminently adapted to college wear. The waist is loose enough for freedom of movement, and the sleeves may be either long or



FETCHING FROCK FOR COLLEGE GIRL.

short. Another advantage lies in the one-piece style, which enables a girl to pop on her frock quickly. The material for this dress may be of silk, light-weight wool, including serge, and it may have cuffs, belt and collar of plaid silk, fancy wool, cretonne or oriental goods. It may also be trimmed with a leather belt and white lingerie collars and cuffs. Buttons for a decoration and the little Palm Beach bow are evident, as it usually is with collars of this shape. It is quite possible to make the gown of cloth or velveteen later in the winter, because the model is a good one, and, if the material is plain wool or silk, the dress may be trimmed with ruffles, braid or bias folds. Ruchings would not be suitable for a school dress and neither would the decorative fancy ruffles. Those trimmings are reserved for gowns of more dressy wear. Where a girl intends to wear this dress in a warm climate, for many attend southern colleges, and where they are favored because of their sanitary value. The pattern would look well in linen, crease, gingham, or any of the finer weaves of cotton for school wear, and for house wear it could be made up prettily in thin cotton fabrics or pongee silk. The pattern is simple and intended for simple uses and for young girls.

With such a costume any sort of separate coat may be worn, but the coat should be as simple as the frock. Indeed, simplicity is the keynote of good dressing for young girls.

To obtain this pattern mail 15 cents in stamps or coin to Lucile Gordon, care of The Star. Be sure to state number and size wanted of pattern and give your name and address.

SUNSHINE FOR THE INVALID

It is a very pleasant thought to send a remembrance to the invalid or convalescent who is obliged to spend late summer days in bed or within the four walls of a room, shut in by doctors' prescriptions and bounded by the limitations of illness. It is rather a difficult question to know what to send sometimes. A book is too heavy, fruit and delicacies are often forbidden, and even flowers come under the ban of some modern nurses afflicted with the microbe and germ fear.

Whatever else you forget, remember not to send anything that will suggest the person's infirmity. Let the gift be something that will make the sick one forget his afflictions. A sunshine envelope is easily made, costs but a trifle, and is carefully selected to be a source of cheer, which is a good accompaniment for the medicine. First collect little clippings from newspapers and magazines. Select nothing doubtful, but rather some good jokes, good cheery verses, the little optimistic jingles, the illustrated jokes and a few helpful thoughts along the more serious lines, but never anything gloomy. Also take the tastes of the invalid into consideration. Having collected the material, buy a pad of paper, the ordinary note size, and an envelope large enough to hold the sheets of paper. Separate the sheets and on each one place the clippings. Place them in the envelope and send to the shut-in. The patient, who is too weak to hold book or even a newspaper, can manage one of these sheets conveniently, and that is why a paper pad is better than a scrap book. When sending to children, pictures

WOMEN NEED HELP.

A Woman's work is hard. Her worries are more for their tear down her nerves. A melancholy semi-sickness results. Liquid tonics may be taken, but they contain alcohol, and they contain alcohol. And, if they are based on drugs, the user faces an even graver peril to both character and system.

Doctors have decided that such stimulants are temporary and often disastrous. They do not reach the cause. For broken nerves are the cause. These must be built up in a natural way. That is the function of glycerophosphates. This life-enhancing is harmless, and can be taken in Tablet form under the name of Trutone.

Get a box of Trutone Nervine Tablets at Dr. Bennett's Drug Store. If they don't make you feel better, you get your money back.

TRUTONE The Nerve Tonic Tablet.

THE CANNING SEASON.

There are several methods of canning, and the secret of success in this is absolute sterilization. The best and easiest methods of canning are cooking the fruits in a steam oven, cooking the fruits in a fireless cooker, cooking the fruits in a steamer or in boiling water, and stewing the fruit before it is put into the jars.

Glass is the most satisfactory jar to use in canning. Glass jars are becoming so universally in favor that they are taking the place of tin cans for everything, even for tomatoes. They are more economical than tin, for although the glass costs more in the beginning, it lasts and can be used over and over again. While there are many kinds of jars, the preference should always be given to those with wide mouths.

In canning fruits or jelly it is important that the fruits or berries should not be overripe. Fruit for canning should be fresh, solid and not overripe. If overripe, some of the spores may survive the boiling and fermentation takes place in a short time. In preparing the fruit remove all stems, then peel with a silver knife, core or remove the seeds and pits, as the case may be. Peaches, pears and apples may be kept from discoloring if they are dropped as they are pared into cold water to which a little vinegar or lemon juice may be added.

Canned pears—Twenty-four Bartlett pears, eight cups water, two cups sugar.

Bartlett pears are the best for canning. Put the water and sugar into a preserving kettle. Let the sirup come to boiling point and skim off the froth if any rises. While the sirup is heating carefully halve, peel and core the pears, being careful not to use those that are overripe or imperfectly shaped.

Drop pieces into a basin of cold water until all are pared. Put the pears into the sirup, boil for five minutes, but do not stir. Take a large roasting pan with handles and place in it as many sterilized jars as will hold the pears. Pour some tepid water in the pan to a depth of about two inches, and place the pan on the side of the stove. The water will get hot and keep the jars warm. Sterilize the rubber rings and covers. By this time the fruit will be boiling. When the pears commence to lose their hard whiteness they are ready to take off. Lift out pieces separately with a silver spoon and put them into the hot jars. Fill jars and cover with the sirup, fill even with the top, put the rings and covers on and screw tight.

Take a hoop from an old barrel, soak it in warm water, then bend it to fit the bottom of the jar. Rivet it together, make a handle out of a piece of round iron, flatten the ends and punch holes.

This can be fitted to the bottom and removed as desired. It makes a very handy device for a bucket to be used on wash days, and will repay any one for the making.

As every one knows who possesses a wardrobe trunk, there is a place for everything except shoes. When the clothing is hung up there is quite a space at the bottom. Make a shoe bag of heavy linen or denim with pockets each large enough to hold a pair of shoes and reach with a flap to button down, holding them in place. Measure across the back of the trunk (inside) and divide that space into pockets, then add two more. When finished tack securely on to the back of the trunk, with one pocket extending on each side and just encircling the bottom of the trunk. You will find this addition very convenient. New York shops put in this arrangement for customers at a moderate price.

The knob on a kitchen screen door is of small use to the woman returning from the refrigerator or cellar with a pitcher of cream in her hand and a plate of butter in the other. Five cents will buy a handle which can be screwed or tacked on the bottom of the screen for a foot opener. If it is handy, a piece of sheet iron cut six inches long and one and one-half inches wide, bent into shape, does just as well.

Swift & Company's Sales of Beef in Washington, D.C. for the week ending Saturday, Aug. 28, 1915, averaged as follows: Domestic Beef, 10.98 cents per lb.—Advertisement.

When Making Juicy Pies.

In making a juicy pie try beating an egg light and mixing in the sugar. Add a little fruit. Add a little flour. Mix thoroughly and then bake as usual. In this way excess of juice will be in the pie and not in the bottom of the oven.

Announcement

To Star Readers

Tomorrow's Star

Carries Our Advertisement

Announcing Our

36th Annual

September

Furniture Sale

Go over every item carefully, then hurry here for the best Furniture bargains in Washington.

Everything that's new in Furniture will be found in our \$100,000 stock. Prices, of course, lower than elsewhere.

Free Souvenirs to All

The Julius Lansburgh Furniture Co.

512 Ninth Street N.W.

THE SEASON'S BLOUSE.

One very important point is well worthy of noting in the blouses of the coming season. It is that they will, especially in the case of luncheon, bridge, and tea blouses—often match exactly in shade, but not in material, the silken, velvet, or woolen suits with which they are worn.

These dark chiffon, georgette and silk blouses will not oust the extremely incoming white and pastel-hued ones.

Most of the pale-tinted models will, as a matter of fact, adapt themselves as much as possible to the new "matchings" by having some touch of the color of the suit about them, such as a slight introduction of the suit material or some fancy of the color. For instance, in the case of the new light smoked blouses the smoking will be stitched in the dark tint belonging to the suit.

Very dainty are primrose yellow crepe georgette or chiffon blouses, smoked with tete-de-negre embroidery.

Flour Sale—Gold Medal Brand
6-lb. Bag 25c
12-lb. Bag 48c
24-lb. Bag 95c

Pride of Montgomery Brand or R. & C. Brand
6-lb. Bag 20c
12-lb. Bag 39c
24-lb. Bag 75c

These are big snaps at these prices.

News Item from Evening Star August 2, 1915.

SKIM MILK ADVOCATED AS FINE HUMAN FOOD

Department of Agriculture Recommends It, But Warns Against Contamination.

Skim milk is a very economical food material, in the opinion of experts in the Department of Agriculture, and might well be more largely used as human food—this in spite of the fact that it contains only one-tenth of the fat of the whole milk. The argument for economy is based on the price at which it is usually sold, and upon the composition of the remaining tenth, or the nutritive portion. The only nutrient taken from it in skimming is the butter fat. There is left, therefore, in the skim milk not only all of the sugar, which amounts to about four and one-half parts in every 100, and all of the mineral substances, but also all of the protein. The latter substance is important because, besides serving as fuel for the body, as fats, sugars and starches do, it also supplies nitrogenous tissue-building material. The proportion of protein in skim milk, as well as the mineral constituents which are also valuable for body-building, is even greater than in whole milk, the department experts declare.

HEBE

A compound of evaporated skimmed milk and vegetable fat.

Contains 6% vegetable fat.

For coffee and cereals and baking and cooking.

Differs from ordinary evaporated milk in that the butter fat has been extracted and replaced with vegetable fat.

You'll like HEBE better than milk.

4 Large Cans for 25c

Walter Baker's Cocoa, 1/2 lb. 17c

Walter Baker's Cocoa, 1-5 lb. 8c

Hershey's Cocoa, 1/2 lb. 15c

Hershey's Cocoa, 1-5 lb. 7c

Howard's Salad Dressing, 20c

No. 2 size Karo Syrup 8c

Select Eggs, doz. 25c

Potatoes, peck. 15c

Granulated Sugar, 10 lbs. 59c

Procter & Gamble's White Naphtha, the cold water soap 41c

Pure Apple Vinegar, gal. 25c

Challenge Milk 3 for 28c

Eagle Milk 2 for 25c

Pet Milk, tall 71c

Pet Milk, small 3 for 10c

Sunset Milk, tall 71c

Post Toasties 8c

Washington Crisps 8c

Sanitary Corn Flakes 8c

Quaker Oats 8c

Cream of Wheat 14c

Argo Salmon 15c

Red Boy Salmon 15c

THE DAILY MENU.

BREAKFAST
Cantaloupes
Fried Chicken
Cereal
Waffles

DINNER
Chicken Consomme
Baked Leg of Lamb
Glazed Sweet Potatoes
Apple and Nut Salad
Peach Ice Cream
Macaroons

SUPPER
Club Sandwiches
Nuts
Cream Cheese
Preserves
Toasted Wafers
Graham Bread
Cocoa

The New Long Coat.

There are many novelties being shown as a foreword of the coming modes. One will notice the greatest change in the coats of the tailored suits, for instead of the long, straight garment of straight lines we are to wear close-fitting coats with long, full skirts, which hint strongly of the redingote. At first one might mistake this long coat for a gown, as it completely hides the frock worn beneath, and a few courageous couturiers have made the coats several inches longer than the skirts.

Naturally the snugly fitted bodice portions of these coats have recalled to favor the seams, which have been absent for so many seasons, and there is a decided curve at the waist line.

Simplicity will continue to be the keynote of the fashions.

52 Stores One Near Your Home

Some Real Snaps for All This Week

Queen Olives, large bottle 15c

Same size sold in most stores at 25c. Packed by Chas. Gulden—a sufficient guarantee of quality.

Sardines, domestic, oil or mustard, can. 21/2c

Usual 5c cans.

Ruff Snaps, 3 lbs. for 25c

Glass Jar Bacon, per jar 15c

The well known Eric Brand.

Lenox Soap, 10 cakes for 25c

Procter & Gamble brand. The largest selling brand of soap in the United States.

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